ABSTRACT

A portable, adjustable screen to improve a basketball player's skills, particularly shooting. The screen blocks the player's view of the basket, simulates a defender as well as game distractions and timing. The screen allows a player to practice by himself and have the benefit of practicing with a defender. The device may have projections that simulate arms, it may have a speaker or lights to provide distraction. It may have a CD/DVD reader or other input means to allow the player to select drills, instruction and monitor his progress.